U. S. DEPARTMENT OF COMMERCE
DANIEL C. ROPER, Secretary
BUREAU OF FISHERIES
FRANK T. BELL, Commissioner

Fishery Circular No. 19

PRACTICAL FISH COOKERY

By AGNES I. WEBSTER and W. T. CONN

UNITED STATES
GOVERNMENT PRINTING OFFICE
WASHINGTON : 1935

ale by the Superintendent of Documents, Washington, D. C. - - - - - Price 5 cents

PUBLICATIONS OF THE BUREAU OF FISHERIES

Administrative reports.—This series contains the annual report of the Co missioner and the four divisional reports; namely, Alaska Fishery and Fur-S Industries, Fishery Industries of the United States, Progress in Biological I quiries, and Propagation and Distribution of Food Fishes. These papers a distributed only as independent octavo pamphlets; however, a general title pa and table of contents for each annual series is distributed for the convenience those who wish to bind them.

Investigational reports.—These papers include the results of research in appli science in the fields of biology, technology, economics, and statistics of t fisheries. They are distributed only as octavo pamphlets bearing continuc serial numbers. Volume numbers are assigned for the convenience of those w wish to bind them.

Bulletins.—The papers composing the bulletin are on biological subjec usually technical, and are issued in royal octavo, with continuous paginati They are distributed only as separates. A general title page, table of conten and index are issued when the volume is complete.

Fishery circulars.—These papers contain brief popular accounts of investig tions having economic importance or general interest and include information timely significance not requiring more extensive treatment. They are octa pamphlets with independent serial numbers.

Applications for the above publications should be addressed to the Superintend of Documents, Government Printing Office, Washington, D. C., who will supp them at advertised prices.

Statistical bulletins.—Statistical bulletins cover (*a*) statistics of the catch a value of fishery products, gear employed in catching, and related fishery ind tries, in the various geographical sections of the United States, these being issu for each section periodically; (*b*) statistics of fishery products landed at Bost and Gloucester, Mass., Portland, Maine, and Seattle, Wash., by American fishi vessels; halibut landed at North Pacific ports, and cold-storage holdings of f and fish frozen, these being published monthly; and (*c*) production and val of manufactured products and byproducts of the United States and Alaska, t being published annually. These bulletins have independent serial numbe Those who wish any of them should write direct to the Bureau of Fisheries.

PRACTICAL FISH COOKERY[1]

AGNES I. WEBSTER, *Home Economist*, and W. T. CONN, *Technologist, United States Bureau of Fisheries*

Contents

	Page
duction	1
value of fish and shellfish	2
nasing fish and shellfish	2
al information	4
and fat fishes	4
g	6
frying or sauteing	6
p fat frying	7
ng	7
g whole fish	7
g fillets, steaks, or small fish	8
er hot oven baking	8
g or steaming	9
n boiled fish	9
amed fish	9
led in parchment paper	10
cing	10
rders	11
w England chowder	11
ney Island or Manhattan chowder	11
with vegetables	11
h and cabbage	11
led fish and vegetable dinner	12
h and apples	12
d fish recipes	12
h flakes in cream	12
in creamed flakes	12
uick meal"	13
n flake omelette	13
n flake salads	13
n imperial	13
h pie	14
sh supreme	14
h souffle	14
	14
d carp	15
dled carp	15
ked carp	15
led carp	15
rs	16
ster cocktail	16
ster stew	16
d oysters	16
Oysters—Continued.	Page
Scalloped oysters	16
Creamed oysters	16
Oysters in parchment	17
Barbecued oysters	17
Oyster chowder	17
Shrimp	17
Plain boiled shrimp	17
Shrimp cocktail	18
Shrimp salad	18
Shrimp wiggle	18
French-fried shrimp	18
Shrimp creole	18
Crabs	19
Hard-shelled crabs	19
Soft-shelled crabs	19
Crab meat	20
Crab meat salad	20
Crab cakes	20
Clams	20
Clam cocktail	21
Clam fritters	21
Clam chowder	21
Lobsters	21
Broiled live lobster	21
Lobster salad	22
Lobster stew	22
Lobster Newburg	22
Scallops	22
Fried scallops	22
Scallops with bacon	22
Salted or smoked fish	23
Codfish cakes—New England style	23
Broiled salt mackerel	23
Fishermen's boiled corned fish	23
Kippered herring	23
Steamed finnan haddie	24
Sauces	24
White sauce	24
Lemon butter	24
Tartar sauce	24
Creole sauce	25
Maitre d'Hotel butter	25
Literature cited	25

Introduction

This booklet has been prepared to enable the busy home maker to fish and shellfish and cook them with a minimum of labor in iety with the materials found in most domestic kitchens. No mpt has been made to give recipes for cooking each individual ies of fish and shellfish. Rather we have attempted to develop eral principles of cookery which may be applied to general classes ish and shellfish. For instance, certain species, such as haddock, tefish, red snapper, and halibut can all be prepared for the table

shery Circular No. 19. Approved for publication, Apr. 18, 1935. Permission is given for reproduc- f this publication or any part thereof.

according to the same general recipe. For details of other or mo complicated dishes the reader is referred to the excellent publicatio listed on page 25. For general information concerning species fish the reader is invited to communicate with the United Sta Bureau of Fisheries, Washington, D. C.

Food Value of Fish and Shellfish

Few foods can furnish the quality and variety of nutritional fact which are provided in fishery products. Fish and shellfish are excellent source of highly digestible proteins, are rich in vitamins, a contain an abundance of minerals in quantity and variety. So fish are also high in fat.

Proteins are important for the building of muscle and other bo tissues. They are an essential foundation of all diets for man animals and are necessary in any diet for normal growth and ma tenance of life. They are composed of what might be called lit building stones known as amino acids. The food value of differ proteins depends on the variety and content of these amino aci Fish proteins are complete; that is, they contain all of the ami acids required for the growth and maintenance of the human bo

Minerals are essential to the performance of certain specific functi in the body. For instance, calcium and phosphorus are necessary the development, growth, and maintenance of bones and tee Iron and copper are essential in the treatment and prevention nutritional anemia. Iodine is required for the proper functioning the thyroid gland. Sulphur, as a constituent of cystine, one of t essential amino acids in proteins, is important for proper grow Most fishery products are relatively high in the above-mentio minerals. Seafoods are particularly notable for their iodine conte containing from 50 to 200 times as much iodine as foods from ot sources. This one fact is of great importance to the people living those regions of the United States where there is great prevalence goiter due to the deficiency of iodine in the foods from the soils of th regions. It is an undisputed fact that deficiency diseases, such goiter, rickets, and anemia, are much less prevalent in fishery co munities where seafood constitutes a considerable proportion the diet.

Vitamins are important for growth and maintenance of general w being. Some fishery products are particularly rich in vitamins; instance, the oils of fish livers are the most important source vitamin D, the "sunshine" vitamin.

Fatty fish have high energy value due especially to the fat conte which is as easily and completely digested as fats from other foo

Purchasing Fish and Shellfish

For the economical purchase of fish and shellfish, the homemak in addition to personal preference, should give consideration to th in season; whether the food to be purchased is desired for baki frying, boiling, etc.; and to the purchase of first-class material.

ACKNOWLEDGMENT.—Through the courtesy of the Edgar Morris Sales Co., Washington, D. C., a mo gas range was supplied without cost for the experimental cookery work in the laboratory of the Bureau Washington, D. C.

Fish and shellfish, like many other types of food products, have a
e during the year when they are in season. Some varieties, like the
d and blue pike, are available in the markets in the fresh condition
ing only a few months of the year. Other varieties, like cod and
r perch, are available all the year around. At the height of the
son for the several varieties the homemaker may be able to pur-
se most economically. Some varieties are frozen and held in cold
age houses for off-season sale. These varieties are available all
year around and in some instances make an economical purchase.
gressive seafood merchants are always glad to advise the varieties
eason and also the best way to cook them.

Because of the delicate structure of fish and shellfish the meat of
se foods will spoil easily if not handled with care. For this reason
h fish must be well iced to retard spoilage and be protected from
tamination. The homemaker should avoid fish or shellfish in
ich taint is suspected. In purchasing fish be sure that the flesh is
n. If a whole fish is purchased see that the eyes are bright and
sunken, that the gills are free from odor of taint, and that the
les cling to the skin.

Fresh fish and shellfish should be kept cool until cooking is started.
the home they should be kept in a cool refrigerator. Fish should
well wrapped in parchment paper before it is placed in the
rigerator.

When oysters and clams are bought in the shell, see that the shells
firmly held together, since this shows that the shellfish are alive.
ucked oysters, clams, and scallops, when properly handled, will keep
sh for relatively long periods. Unless crabs and lobsters have
n cooked previous to marketing, they should be alive when sold
retail.

There are many misconceptions regarding the handling of fish
ween the water and the table. Most fish will keep in perfect
dition for several days if well iced from the time the fish is caught
til it is purchased at the retail market. On the other hand, fish
l spoil in a few hours if not iced and left exposed to warm air.
h properly frozen and held in cold storage will remain in perfect
dition for months. It is not necessary to defrost frozen fish fillets
ore cooking. In other words, the hard frozen fillets can be placed
the cooking utensil. However, if this is done, allowance should
made for a little longer heating. Large fish or thick steaks and
ets should be defrosted before cooking by soaking in cold water.

Salt or smoked fish generally may be kept in cool air for several
ys without refrigeration, the length of time, of course, depending
on the cure of the fish. In warm weather, it is best to refrigerate
ed fishery products pending use, especially light-smoked products.
Canned fish (hermetically sealed) will keep indefinitely if stored in
ool dry place.

Fish may be purchased either whole or as fillets, steaks, or pan-
ssed fish. In any of the latter three forms the fish is ready for
oking without further preparation in the home. Fillets are the
aty sides of the fish cut lengthwise away from the backbone and
about $\frac{5}{8}$ of an inch thick. The skin, with scales removed, may
left on one side of the fillet. Fillets are usually cut from fish
ighing 1½ to 4 pounds. Steaks are cut crosswise from whole fish
ich have been scaled or skinned. Steaks are usually cut from fish
ighing over 4 pounds and have a thickness of $\frac{5}{8}$ of an inch or more.

The thicker cuts of any meat may provide superior dishes but onl when cooked by experts. In many parts of the country the ter "tenderloin" is applied to either a fillet or a boneless steak. Pa dressed fish are whole fish which have been scaled and freed from a traces of viscera and blood. The head, tail, and fins may be remove

If whole fish are purchased, the homemaker should ask the retail to clean them in one of the above forms, depending upon the antic pated method of cooking.

If more whole fish are purchased than are desired for immedia cooking, they may be preserved as corned fish for a few days b splitting along the backbone into slices not over ⅝-inch in thickne then covering all surfaces of each slice with fine salt, placing the fi in a deep dish, and storing for 6 to 12 hours in a cool place. F cooking this corned fish, see page 23.

General Information

A cup of chopped seafood is approximately ½ pound.

Many fillets and steaks are salted lightly when prepared at t fisheries. Such salting is indicated on the parchment paper in whi the fish is wrapped, with a caution that no additional salt should b used in cooking.

Due to the tender tissue structure of fish, the flavor may be co served in cooking by suddenly subjecting the fish to maximum te perature when frying, baking, and boiling. This tends to sear t surface of the fish, thereby retaining the moisture and flavor. Wh baking fish, the temperature should be lowered after the first fe minutes.

All measurements in these recipes are level, and the followi abbreviations are used:

lbs.=pounds.	C.=cup.	Tbsp.=tablespoon.
in.=inch.	qt.=quart.	tsp.=teaspoon.
	pt.=pint.	

In general, fish should be served as soon as possible after cookin

There is a widespread fallacy that any combination of seafood a milk or milk product, such as ice cream, is dangerous to health. Wh one considers the combination of lobster and milk in the popul lobster stew of New England, this idea is without foundation. T normal person need have no fear of combining seafood with milk milk products if each of these delicate foods is strictly fresh.

To prevent any odor of raw fish from "clinging" to the hand thoroughly chill the hands in cold water before touching the fis Cleanse the hands by washing with hot water and salt, but witho soap, until after rinsing off the salt.

A strong hot solution of salt in water (without soap) removes t odor of fish from dishes.

Lean and Fat Fishes

The fat content of fish varies according to species and to a less extent according to the season. The several species may be rough divided into two classes, viz, lean and fat. Consideration should b given to this classification so that the proper fish may be obtain for the dish desired.

Almost any variety of fish may be fried or broiled, but fat fish a generally favored for baking, while lean fish are ordinarily used f

ling, steaming, or chowders. Individual tastes, of course, do not essarily follow this general rule. Lean fish (cooked otherwise n by frying) are favorable for a reducing diet.

Fried fish is usually appreciated by persons performing hard physi- labor. For those engaged in other types of work and for invalids, s suggested that they be served fish which has been prepared by thods other than frying. It is especially suggested that fish for the ning meal be prepared by baking, steaming, broiling, or as a chowder. Following is a list of the fishes most commonly found in the markets, ssified as to "lean" and "fat." Many species have local names, ne of which appear in parentheses.

TABLE 1.—*Fat and lean fishes*

Species	Lean or fat	Broil	Bake	Steam or boil	Chowder	Season
		Page	*Page*	*Page*	*Page*	
rives	Fat	7		9		Jan.–June.
acuda	do	7	7	9		Feb.–June.
fish	Lean	7	7			All year.
pike (jack salmon)	do			9		Mar.–Dec.
runner (runner)	Fat	7	7			Nov.–Apr.
alofish	do	7	7			Sept.–May.
erfish	do	7				Apr.–Dec.
(see p. 14)	Lean	15	15	15		All year.
lish	do			9	11	Do.
bs	Fat	7				Do.
o (lake herring)	do	7				Mar.–Dec.
	Lean	7	7	9	11	All year.
opie	do	7				Do.
aker (hardhead)	do	7	7	9	11	Do.
k	do	7	7	9	11	Do.
m, red (redfish) (channel bass)	do		7	9	11	Nov.–June.
	Fat					All year.
inder	Lean	7	7	9	11	Do.
iper	do	7	7	9	11	Nov.–May.
dock	do	7	7	9	11	All year.
e	do		7	9	11	Do.
but (with fat trimmed out)	do	7	7	9	11	Do.
ring, lake	do	7	7			Do.
ring, sea	Fat	7	7			Do.
gfish	Lean	7	7	9	11	Jan.–June.
g whiting	do	7		9	11	All year.
e trout	Fat	7	7			Apr.–Nov.
cod	do	7	7	9		All year.
kerel, Boston	do	7	7			May–Nov.
kerel, Spanish	do	7	7			Nov.–May.
kerel, California	do	7	7			All year.
llet (popeye)	Lean	7	7	9	11	Do.
hard (sardine)	Fat	7				Aug.–Mar.
(pickerel)	Lean	7	7			All year.
ock	do	7	7	9	11	Do.
pano	Fat	7	7	9		Do.
gie	do	7	7			Do.
snapper	Lean	7	7	9	11	Do.
lefish	Fat	7	7	9		Do.
non	do	7	7	9		Do.
p	do	7	7			Jan.–Nov.
bass (black fish)	Lean	7	7	9	11	All year.
d	Fat	7	7			Dec.–July.
epshead (river drum, gaspergou)	Lean	7	7	9	11	All year.
lt	Fat	7				Sept.–May.
	Lean	7	7	9	11	All year.
t (Cape May goodie)	do	7				June–Nov.
tted trout	do	7	7	9	11	Oct.–Aug.
ped bass (rock)	Fat	7	7			All year.
geon	do	7	7			Mar.–Jan.
ker	Lean	7	7			Dec.–June.
fish	do	7				Apr.–Oct.
rdfish	do	7	7			Jun.–Oct.
kfish (gray trout, sea trout)	do	7	7			Apr.–Nov.
lte bass	do	7	7			All year.
ltefish	Fat	7	7			Apr.–Dec.
iting (silver hake)	Lean	7	7			May–Dec.
ffish (ocean catfish)	do	7	7	9	11	Oct.–May.
low perch	do	7	7			All year.
low pike	do	7	7			Do.
lowtail	Fat	7	7			Do.

OTE.—All shellfish are lean.

Nearly all of the fish in the table may be fried. Other recipes f cooking these fish are indicated together with the pages on whi these recipes may be found.

As you will note from the above table a large variety of fish a shellfish is found in our waters. In fact, our harvest of fish a shellfish is made up of about 160 kinds. The production of some these is not large and, therefore, they are more or less rare in t market. These unusual fishes are sought after by epicures. On t other hand the production of some of the lesser known species comparatively large and in some cases may be expanded. Ma homemakers have found from experience that many of these less known species are of delectable flavor and therefore are varying th seafood menus accordingly. Ask your fish retailer about these less known species which are often an economical buy when they are season. The progressive fish merchant can give many suggestio that will provide varied and pleasing menus at minimum cost.

Except as noted, these recipes are designed to provide large portio for 4 servings, or ordinary portions for 6 servings.

Seasoning, as given in the recipes, is considered as a minimum f the average taste. It is naturally subject to individual opinion as quantity and addition of other material.

Frying

Steaks or fillets about ⅝ in. thick, or small fish of equal thickn are preferred. With thicker fish, there is danger of overcooking t outside before the inside is cooked; the superior cookery possible wi thick cuts of meat is limited to experts.

Some people prefer to remove the skin from fat fish before these a fried. This can be done by plunging the fish into boiling water a letting it remain for about 25 seconds after boiling resumes. T fish is then lifted to a plate, and the skin pulled off while the fish is h

Any clean fat may be used for frying. Butter, however, is n favored as a cooking fat since it smokes at a relatively low temperatu Vegetable fats smoke at temperatures higher than do the animal fa and hence are preferred by many homemakers for cooking purpos

The fish is cut into serving portions and dipped in some liquid su as beaten egg, milk, water, or beaten egg mixed with water, th covered with some dry ingredient such as cornmeal, flour, cracker bread crumbs, etc., and seasoned. In tests at the laboratory of t United States Bureau of Fisheries the most satisfactory method w to dip the fish into water and then to roll it in a well sifted mixtu of ½ C. medium fine unbolted yellow cornmeal, ½ C. flour, and Tbsp. salt.

Pan Frying or Sauteing

2 lbs. fillets or steaks about ⅝ in. thick, or 3 lbs. whole fish or fish split to about ⅝ in. thick.
1 C. yellow cornmeal and flour, equal parts.
1⅓ Tbsp. salt.
4 Tbsp. cooking fat or oil.

Heat fat over a slow fire in a heavy cast-metal pan if availab Cut fish to service portions. Sift together the cornmeal, flour, a salt. Dip fish in water and cover well with dry ingredients. At t

t sign of the fat smoking, place the fish in the pan and cook 3 nutes. Cover the pan and remove pan from fire to allow fish to k in its own steam about 2 minutes. Remove cover, turn fish, urn pan to flame, and cook 3 minutes longer. Fish less than ⅝ in. ck will require a shorter cooking time, while thicker fish will uire longer cooking.

Deep Fat Frying

s. fillets or steaks about ⅝ in. thick
r 3 lbs. whole fish or fish split to bout ⅝ in. thick.
. yellow cornmeal and flour, equal arts.
1⅓ Tbsp. salt.
Fat to submerge fish.

Cut fish to serving portions, wet with water, and cover with the ingredients sifted together. Heat fat in a deep kettle provided h frying basket, to a temperature of 385°–400° F. (a piece of bread l brown in 20 to 25 seconds at this heat). Put one layer of fish in basket and cook to an even golden brown. This will take from o 8 minutes, depending upon the variety of fish.

Do not attempt to fry more than one layer of fish at one time as s will lower the temperature of the fat.

Broiling

This popular method of cooking may be used for many kinds of food. The method of seasoning is superior to older practices.

s. fillets or steaks about ⅝ in. thick
r 3 lbs. whole fish split to about ⅝ n. thick.
ting of ¼ C. melted butter or cook- ng oil with ¼ tsp. pepper; other easoning may be added if desired.
Salt solution made in the proportion of 2 Tbsp. salt dissolved in 1 C. cold water.
Preheat the broiling oven for 10 minutes.

Dip the fish (not cut to serving pieces) into the salt solution and ow to stand about 3 minutes. Very thin fish should stand 1 minute l very thick fish should stand 5 to 8 minutes. Oil the heated iler pan. Brush the fish with oil and place it on the pan about nches below the heat. If skin is on the fish, the skin should be on . At the end of 5 minutes, the skin should begin to bubble and n brown. Continue cooking until the skin surface is covered with y dark brown bubbles. Turn just once, baste several times, and k until a nice brown. Do not overcook. Steaks or skinned fillets uld begin to brown and cook in about the same time. This will e from 6 to 12 minutes depending upon the thickness of the fish. e skin of many fish gives an added richness of flavor.

Baking Whole Fish

Either fat or lean fish may be used for baking. The former are ferred by many home makers as they require less care. Lean fish uld be slashed through the skin in several places, since there is shrinkage of the flesh. Sauces may be served with the fish as ired.

A 4-lb. fish, cleaned and trimmed but not split.
4 strips of bacon.
Cooking oil.
Salt.
Prepare stuffing from the following:
1 qt. bread cubes.
3 Tbsp. finely chopped onion.
2 tsp. finely crushed sage leaves.
¾ tsp. salt.
⅜ tsp. black pepper.
¾ C. cooked celery, finely chopped
4 Tbsp. hot celery liquid.
6 Tbsp. hot melted butter.
Mix the salt and pepper into t liquids and then stir in the celer

Pour this mixture slowly over the bread with which the sage a onion has been mixed, with stirring, so as to moisten it thoroughl Cover for a few minutes.

Dip the fish into a solution made in the proportion of 2 Tbsp. sa to 1 C. cold water. Allow it to stand 5 minutes. Drain fish, sl the skin in several places and brush the skin with cooking oil. La 2 strips of bacon in the greased baking pan. Stuff the fish, tie wi string to hold in stuffing, and place it on the strips of bacon. Lay strips of bacon on the fish. Place in the center of the oven and bak for 10 minutes at 500° F. Then lower the temperature to 400° F and bake 8 to 10 minutes longer.

Baking Fillets, Steaks, or Small Fish

This method of cooking allows the use of boneless cuts of fish well as fish too small for stuffing. Sauces may be served as desire

2 lbs. steaks or fillets about ⅝ in. thick or 3 lbs. small whole fish, dressed
¼ tsp. pepper.
2 Tbsp. grated onion.
Cooking oil.
Salt.
1 C. bread crumbs.

Preheat the oven to 500° F. Mix the pepper thoroughly into th bread crumbs. Cut the fish into serving portions and dip them in a salt solution made with 2 Tbsp. salt in 1 C. cold water. Drain th pieces of fish, roll them in the crumb-pepper mixture, and place on greased baking pan. Sprinkle fish with grated onion and cookin oil. Bake near the top of the oven for 8 to 15 minutes, dependi upon the thickness and species of the fish.

Spencer Hot Oven Baking [2]

This method of cooking retains the full flavor of the fish. By th method the cooking odors are minimized and the baking pan can b more easily cleaned. Directions should be followed exactly.

2 lbs. fillets or steaks
1 C. milk.
1 Tbsp. salt.
Finely sifted bread crumbs.
Cooking oil or melted fat.

Cut the fillets into portions, 3 to the pound, and place on th extreme left hand. Next a bowl containing the heavily salted mil Then a pan containing the finely sifted bread crumbs. Lastly a oiled baking pan for the cooking and a cup containing oil or melte fat, with a pastry brush or swab.

With the *left* hand put a piece of fish into bowl of milk, then toss into the pan of crumbs. Now, with the *right* hand cover the fish wi crumbs and place in the baking pan. Keep the *left* hand for the w work and the *right* hand for the dry work.

[2] This method of cooking fish was originated by the late Mrs. Evalene Spencer, formerly of the Bur of Fisheries.

In this way the crumbs can be all used without becoming dampened, ch would happen at once if the hands were interchanged.
With the portions of fish laid side by side in the pan sprinkle each n a little oil or melted fat from the brush or swab. This is the y fat used in the cooking. It is well to know that the same results c not obtained if the fish is rolled in flour, cornmeal, or cracker mbs, for there is no immersion of fat to brown the covering as in p fat frying. It will be found that any of these other mediums be browned only in splotches wherever the fat has touched them, le the bread crumbs, with the addition of a little oil or fat, will be formly browned.
The next requirement is a very hot oven, 500° to 600° F., at which perature the fish will be cooked in 10 minutes. Do not be afraid urning it and *never* add any water to fish cooked in this quick-oven . If the heat has been sufficient, when the fish is taken from the n the pan will be quite dry underneath the fish; each piece will be utifully browned on all sides and may be easily removed to a hot tter, with the aid of a pancake turner, unbroken and perfect.
A variation of the above is to use very thin strips of bacon instead ooking oil on the fish.

Boiling or Steaming

Lean fish are preferred for boiling as the meat, compared with that fat fish, has less tendency to fall apart. The fish will be further tected from breaking up by handling in a wire basket, perforated n, or by wrapping in cheesecloth. The flavor of boiled or steamed will be improved by cooking in various mediums, as:

d water—to each quart of water add 3 tablespoons of lemon juice or vinegar.
in salted water—for each pound of fish, use 1 quart of water and 1½ Tbsp. salt. This liquor would be too salty for stock.
rt bouillon or variations—see cookbooks listed on p. 25.
k or milk and water—see cookbooks listed on p. 25.

The stock from these boiling mediums may be used in making ips, sauces, etc.
Boiling and steaming are easy, quick, and economical methods for paring cooked food for serving at more than one meal, as the cooked not used immediately may be broken into flakes and quickly pared in dishes described on pages 12–14.

Plain Boiled Fish

s. fillets or steaks or 3 lbs. whole sh. | 3 Tbsp. salt in 2 qts. boiling water.

Place one layer of the fish cut to serving pieces into an oiled basket perforated pan and then into the boiling salted water. Cook 8 to minutes until tender; remove and drain. Serve hot with a cream ice or seasoned butter dressing.

Steamed Fish

s. steaks or fillets or 3 lbs. whole sh. | Salt.

Cover the fish cut into serving pieces, with a solution made in the portion of 2 Tbsp. salt to 1 C. cold water, allowing it to stand m 2 to 8 minutes depending upon the thickness and variety of the

fish. Place the fish one layer deep, in a well-oiled steamer and coo for 5 to 12 minutes, or until tender. Serve with a cream sauce seasoned butter dressing.

Boiled in Parchment Paper[3]

This method of cooking is desirable, as the fish is cooked in its ow juices, thus retaining the entire flavor. The bones should be com pletely removed from the fish since they might puncture the pape Any desired seasonings may be used to bring out the full flavor particular species of seafood.

2 lbs. absolutely boneless fillets or steaks.
2 Tbsp. melted butter or cooking oil.
¼ tsp. pepper.
2 Tbsp. grated carrot.
2 Tbsp. grated onion.
1 Tbsp. parsley, chopped fine.
1 Tbsp. lemon juice.
Cooking oil.
2 sheets parchment paper about 2 fe square.

Prepare a salt solution in the proportion of 2 Tbsp. salt to 1 C. co water. Fish that is ⅝ in. thick should be kept in the salt solution f about 5 minutes, but this time may be varied from 5 to 10 minute depending upon thickness of flesh and variety of fish.

Fill a kettle two-thirds full of water and start heating. Oil or w both sides of parchment paper and lay flat. Cut fish to servi size pieces and divide between the two papers, arranging the piec one layer deep on each paper. Mix the pepper with the butter a put one tsp. each of butter, onion, and carrot over each serving fish. Sprinkle with lemon juice and chopped parsley. Bring edg of paper together and tie. Immerse in boiling water. After wat boils, continue cooking until tender. This will take from 8 to minutes, depending upon thickness of flesh and variety of fi Remove to a hot platter, and pour juices over the fish or thick them for a gravy.

A tightly covered steamer lined with oiled or wet parchment pap may be used in this method of cooking. The fish must be laid in single layer. Steaming will require more time to cook than w boiling.

Planking

One advantage of this method of cooking is that the cooked fi may be placed upon the table without being transferred to a platte House furnishing stores can supply planks either of oak or aluminu provided with grooves that hold any juices that come from the fi or the basting liquor.

2 lbs. fillets or steaks about ⅝ in. thick.
4 Tbsp. melted butter containing ¼ tsp. pepper.
1 Tbsp. grated onion.
Cooking oil.
Salt.

Put the cold plank into a cold oven and gradually preheat oven a plank to 450° to 500° F. Make a salt solution in the proportion of Tbsp. salt to 1 C. cold water. Soak fish in the salt solution for minutes, drain, and thoroughly brush with the cooking oil. Remo plank from oven, oil it thoroughly and place fish on plank (skin si down), sprinkle with grated onion and return the plank to the t rack of the oven. Cook for 15 to 20 minutes, basting once or twi

[3] Parchment paper suitable for this method of cooking may be purchased from stationery stores genera and from many progressive fish merchants.

th the butter-pepper dressing. About 5 minutes before fish is oked, it may be surrounded with mashed potato and any desired oked vegetables.

Chowders

This "complete-meal" dish, popular for generations in certain parts the country, is worthy of trial by those to whom it may be new. most any white-meated lean fish is suitable for use in chowders. some localities, salmon cheeks are used.

bs. lean fish (clear meat).
C. sliced potatoes.
C. sliced onions.
C. salt pork (fat back) diced into small pieces.
1 tsp. salt.
¼ tsp. pepper.
1 C. water.

In a heavy kettle or Dutch oven, fry the pork to a golden brown lor, add the onions and fry these to a light yellow color. Add the tatoes, sprinkle with the salt and pepper, add the cup of water and ok until the potatoes are about half done. Then add the fish esh side down) and cook until the potatoes are soft. Remove any in from the fish, and break the flesh into coarse flakes.

New England Chowder

To the recipe for "Chowders" add an equal volume of milk and at thoroughly but do not boil. Serve with Boston chowder ackers, some of which may be added to the chowder immediately efore serving.

Coney Island or Manhattan Chowder

To the recipe for "Chowders" add hot water or fish stock, together ith stewed tomato, chopped green peppers, celery, etc., as desired.

Fish with Vegetables

Very appetizing 1-dish meals may be prepared by combining fish ith approximately equal quantities of onions, cabbage, sauerkraut, ıap (string) beans, apples, etc.

Fish and Cabbage

lbs. cabbage (waste removed).
lbs. fillets or steaks.
ooking oil.
asting made by mixing:
4 Tbsp. melted butter.
¼ tsp. black pepper.
4 Tbsp. garlic vinegar, green pepper vinegar, or onion vinegar.

Quarter the cabbage and soak in salted water long enough to cleanse ıoroughly. Cut the cabbage into coarse shreds and boil in plenty of ılted water in an uncovered kettle. For each quart of water allow tsp. salt.

While the cabbage is cooking, place the fish for 3 minutes in a salt ılution made in the proportion of 2 tbsp. salt to 1 C. cold water. rain the fish and brush oil on all sides. When the cabbage is almost ender, place fish (flesh side down) in a well-oiled basket or steamer and ıspend over the cabbage for 5 minutes with the kettle covered. emove fish and as soon as the cabbage is tender, spread it out on an iled plank or heat-proof platter. Lay the fish (flesh side up) on the abbage and baste with the melted butter mixture. Broil the fish or 5 to 10 minutes until well browned.

Boiled Fish and Vegetable Dinner

2 lbs. fillets, steaks or pan-dressed fish.
½ lb. each turnips, potatoes, onions, carrots.
1 lb. cabbage.
1 tsp. salt.
¼ tsp. pepper.
¾ C. diced salt pork (fat back).
2 C. water.

In a heavy kettle or Dutch oven, fry the pork to a golden brown, ad 1 C. water and all the vegetables except the cabbage, which is cooke separately. Allow the vegetables to cook for 20 to 25 minutes, ad the salt, pepper, and second cup of water. Lay the fish (flesh sid down) across the vegetables, cover with the cooked cabbage, an cook the whole about 5 minutes more. Place the fish in the center a hot platter, surrounded by the cooked vegetables. The liqui remaining in the kettle may be served in a side bowl.

Fish and Apples

2 lbs. fillets or steaks about ⅝ in. thick.
2¼ lbs. apples (about 9 of medium size).
3 Tbsp. butter or cooking fat.
2 Tbsp. water.
½ tsp. salt.
1 tsp. sugar.
Basting oil made by mixing:
¼ tsp. black pepper with
4 Tbsp. melted butter.

Cover fish with a salt solution made in the proportion of 2 Tbsp. sa to 1 C. cold water and allow to stand for 3 minutes and drain.

Heat slowly 3 Tbsp. fat in a deep frying pan. Wash, quarter, an core apples and slice to ¼ in. thick. Place the apples into the hot fa adding the water, salt, and sugar. Cover tightly and cook slowl with one turning, until apples are almost tender. Lay the fish, fles side down, on the apples, cover and allow to steam 3 to 5 minute Remove cover, turn fish, baste it with the butter mixture, and pla for 5 to 10 minutes under the broiler until well browned. Remov the fish to a hot platter and surround with the apples.

Flaked Fish Recipes

If extra fish is provided when a meal is planned for boiled or steame fish or when making chowder, the unused portion of fish may be flake and stored in a refrigerator for the following day. Many dishes tha give a pleasing variety to menus may be easily prepared from thes flakes.

Fish Flakes in Cream

2½ C. fish flakes.
¼ tsp. pepper.
½ tsp. salt.
1 C. cream or cream and fish stock.
3 Tbsp. chopped parsley, 2 Tbsp. onio grated, or any desired seasoning.
4 Tbsp. butter or cooking oil.

Put butter or oil to heat in a frying pan over a slow fire. In a bow combine other ingredients with cream, adding fish flakes last. Pu into the fat and simmer slowly until thoroughly heated and seasoning are well blended. Serve on toast or with baked potatoes.

Plain Creamed Flakes

2 lbs. flaked fish.
6 Tbsp. melted butter.
4 Tbsp. flour.
2 C. milk.
Salt and pepper.

Put melted butter in saucepan, stir in flour until smooth, add milk and continue stirring until the sauce thickens. Add flakes, stir while they warm, and season as desired.

"Quick Meal"

os. flaked salmon, bluefish, mackerel, or other fat fish of distinctive flavor.
C. coarsely crushed crackers.
C. milk.
½ tsp. salt.
⅓ tsp. pepper.
2 Tbsp. butter.

Heat milk with seasoning and butter, stir in crackers until all are t, and add fish, mixing it with the cracker, stirring as little as ssible. If desired, 2 eggs, beaten, may be added to the wet cracker xture and the whole heated until the egg is cooked. Then the fish kes may be added.

Fish Flake Omelette

C. flaked fish.
C. milk or fish stock.
sp. black pepper.
bsp. chopped parsley.
bsp. grated onion.
3 Tbsp. vinegar or lemon juice.
1 tsp. salt.
4 Tbsp. melted butter or cooking oil.
4 eggs.

ight the oven for slow heat. Add the vinegar or lemon juice to fish flakes. Heat slowly the butter or oil in the frying pan. Beat egg whites stiff and set aside. Then beat the egg yolks and add k or stock, salt, pepper, parsley, onion, and stir. Add the cold es and mix well. Last fold in the stiff egg whites and pour into hot fat in the frying pan. Let cook slowly over a low heat. When ked through, place in the oven to dry on top. When dry enough touch without wetting fingers, remove and cut opposite edges of elette loose from the pan. Fold over and remove to a hot platter.

Fish Flake Salads

Boiled fish flakes lend themselves to a variety of salad combinations h vegetables, cooked or uncooked. If careful consideration is en to flavor, the proportion of fish flakes to fillers may be as much alf and half. The following is tasty and easily made.

cold boiled fish flakes.
minced celery.
d radishes unpeeled.
crisp cucumber diced.
3 Tbsp. spiced vinegar from sweet pickles.
½ tsp. salt.
Mayonnaise to mix.

Keep all ingredients cold. Combine fish flakes and vinegar. Clean uce, dice the cucumber, mince the celery, slice thin the unpeeled ishes. Just before serving, combine well the fish flakes, cucumber, ishes, celery, seasonings, and mix with mayonnaise. Fill nests of uce leaves with the mixture and sprinkle with a dash of paprika.

Fish Imperial

cooked fish flakes.
gs.
fish stock.
milk.
p. black pepper.
2 Tbsp. parsley chopped fine.
2 Tbsp. grated onion.
3 Tbsp. vinegar.
1 tsp. salt.

tart the oven at a slow heat. Combine fish flakes and vinegar. p the egg whites until stiff and set aside. Beat the egg yolks, add and fish stock, salt, pepper, onion, parsley, fish flakes, and mix . Lastly fold in the stiff beaten whites. Pour into a greased ng dish. Garnish with strips of pimento. Set in a pan of warm er in a moderate oven and bake slowly about 45 minutes, until a er knife when inserted will come out clean.

Fish Pie

2 C. cooked fish flakes (keep flakes large).
¼ tsp. salt.
¾ C. peas.
1 Tbsp. grated onion.
1 Tbsp. minced green pepper.
1 C. well-seasoned mashed potatoes.
Cream sauce:
2 Tbsp. flour.
2 Tbsp. fat.
1 C. milk.
½ tsp. salt.

Blend the fat and flour in an iron frying pan, add the salt and milk and stir until creamy. Add all the above ingredients but potatoes and heat through, place in a greased baking pan, cover with 1 cup mashed potatoes. Bake in a hot oven 400° F. for 12 minutes.

Hash Supreme

2 C. cold cooked fish (large flakes).
¾ C. salt pork diced.
¾ C. onion diced.
1 C. beets diced (cooked).
2½ C. diced potatoes (cooked).
¼ tsp. pepper.
½ tsp. salt.
¼ C. water.
4 Tbsp. garlic vinegar.

Mix the vinegar and fish flakes. Fry the pork to a golden brown add the onion and cook to a golden yellow. Add all of the ingredients and lastly pour over the ¼ cup of water. Cover and let cook slowly. Stir occasionally until thoroughly heated through and the flavors are blended.

Fish Souffle

2 C. cold cooked fish flakes.
2 Tbsp. grated carrot.
2 Tbsp. grated onion.
4 eggs.
½ tsp. pepper.
½ tsp. salt.
2 C. well-seasoned mashed potatoes about the consistency of thick white sauce.

Prepare the potatoes.

Preheat the oven to 360° F.

Mix well with the fish flakes, the salt, pepper, onion, and carrot. Separate the egg yolks and whites. Beat the whites until stiff and set aside. Then beat the yolks until a light yellow and combine with fish flakes, then the potatoes, and lastly fold in the egg whites. Put in greased baking dish. Set in a pan of warm water and place on the center rack of the oven. Bake slowly 30 minutes.

Carp

Carp are found in many of our interior lakes and streams, although the larger quantity is taken from the Mississippi River and its tributaries. Many carp are shipped alive to market in especially constructed water tanks on railroad cars and auto trucks. When on display at the retail market, these live fish are held in "live" tanks pending sale. In addition to being sold alive, carp may be purchased in the dressed form ready for cooking.

Live carp, if it has not already been dressed by the retailer, may be dressed in the home by the following method: First cut half through the body from the back of the head and just in rear of the gills to allow free bleeding; the back fin is then cut out and the scales and outer skin removed by a process known as flensing. A very sharp, thin, pointed knife is required. The fish is grasped by the tail and the scales and outer skin shaved off in strips by working the knife toward the head without cutting into the flesh. The body

ıvity is then split from back to front, care being used to avoid ıtting into the viscera which may then be removed as a whole. he head is then cut off back of the front fins, and the tail and other ns cut away. The fish is then thoroughly cleansed in cold water. A simpler operation which removes the entire skin is to plunge ıe fish (or its fillets) into boiling water, allowing it to remain for about 5 seconds after boiling starts again. The skin may then be easily ıbbed off while the fish is hot, and the flesh rinsed in cold water. If the boiling is continued too long, the flesh may break up.

After dressing, the carp should be treated as outlined below. It as found in the Bureau of Fisheries' laboratory that this preliminary eatment imparted to the cooked fish an excellent flavor. The eatment consists of covering the dressed fish or fillet with a mixture ade in the following proportions:

C. salt.
C. onion finely crushed.
Tbsp. vinegar.
1 tsp. black pepper.
⅛ tsp. mace.

Chop and crush the onion by passing through the finest plate of food chopper, saving all the juice. Mix the ingredients thoroughly. lace the fish in a deep plate and cover all surfaces with the mixture ıd allow it to stand for 1 hour. The fish is then thoroughly rinsed ıd the mixture discarded. The fish then should be washed in a ın of cold water for about 1 minute to remove any last traces of lt on its surface.

Fried Carp

The fish prepared as above and split or filleted to about ⅝ inch ickness is wet in cold water and rolled in a mixture of cornmeal ıd flour or crumbs as desired. Do not use additional seasoning. he fish is fried by the same methods as other fish.

Broiled Carp

The fish prepared as previously described and split or filleted to out ⅝ inch thickness, is broiled by methods shown on page 7, cept that no additional salt or pepper is used.

Baked Carp

The fish prepared as previously described may be baked whole with uffing or baked flat in slices, using methods shown on page 7, but thout additional seasoning. It may be cooked with sliced onions, ewed tomatoes, or other suitable vegetables, if desired, or served with eole sauce, white sauce, or other sauces. An excellent dish is ob- ined by dipping the slices of fish into milk (without salt), rolling in ted bread crumbs, and putting a teaspoonful of cooking oil over ch service portion of fish. The fish should be placed in an oiled pan d baked for 10 minutes in a preheated oven at 550° to 600° F.

Boiled Carp

The fish prepared as previously described is boiled for 8 minutes in lted water, allowing 1½ Tbsp. salt to each quart of water. Any sired sauce may be served with the fish. Extra portions may be ed for flaked fish dishes.

Oysters

These popular shellfish are taken from many points along our coastline. The sanitary conditions surrounding their cultivation or production, handling at the shore, and in the retail store are carefully controlled by governmental agencies. In view of this, they should reach the consumer at any point in the country in prime condition.

Oyster Cocktail

3 dozen oysters, preferably small.
Cocktail sauce:
6 Tbsp. tomato catsup.
2 Tbsp. horseradish.
Cocktail sauce—Continued.
4 Tbsp. lemon juice.
Celery salt and tabasco sauce to taste.

Shake the ingredients of the cocktail sauce in a jar or wide-mouthed bottle until well mixed. Allow about 2 Tbsp. of the sauce to each ½-dozen oysters. All cocktails should be thoroughly chilled before serving.

Oyster Stew

1 quart oysters.
1 pint milk.
2 Tbsp. butter.
Salt and pepper.

Drain the liquor from the oysters and put it into a saucepan. Scald the liquor and skim it. Add the oysters and cook until the edges begin to curl. Heat the milk up to the boiling point, but do not scald. Add seasoning and butter to the oysters and then the milk.

Fried Oysters

3 dozen large oysters.
1 C. fine cracker crumbs or yellow cornmeal.
2 eggs well beaten.
Salt and pepper.
Cooking fat or oil.

Drain oysters and press between absorbent cloths. Season oysters with pepper and salt, dip in the beaten egg, then in the dry crumbs (or meal). Fry in a single layer in a frying pan, or heat deep fat until it begins to smoke, place a single layer of oysters in an oiled fry basket and cook to a golden brown.

Scalloped Oysters

1 quart oysters.
¼ C. butter.
Coarse cracker crumbs.
Milk.
Salt and pepper.

Separate oysters from their liquor. In a well-oiled baking dish place a layer of crumbs about ½ inch thick, then a layer of oysters with seasoning and bits of butter. Continue to add alternate layers of crumbs and oysters. Add strained oyster liquor and then milk until moisture shows. Cover with a layer of crumbs and 1 Tbsp. butter in bits. Bake 20 to 30 minutes at 450° F. until top is well browned.

Creamed Oysters

1 quart oysters.
3 C. milk.
1 C. cream.
⅔ C. butter.
3 Tbsp. flour.
Salt, pepper, and lemon juice to taste.

Heat the milk but do not boil. Heat the oysters until the edges curl, separate and skim liquor. Sift flour into the melted butter in a saucepan, heat, and stir well. Add the hot milk and oyster juice

ogether and beat the mixture until thick and smooth. Add cream, ysters, and seasoning. Serve on buttered toast.

Oysters in Parchment

This recipe serves two people.

2 oysters.
tsp. lemon juice.
tsps. grated onion.
tsp. salt.
⅛ tsp. pepper.
4 Tbsp. oyster liquid.
1 Tbsp. grated celery.
2 tsp. butter.

Oil or wet the parchment paper, put in the oysters, liquid, and sea- nings, bring all edges of the paper together and tie. Immerse in oiling water and let cook 5 to 8 minutes or just until the edges curl. he oysters may be served on toast and the liquid poured over them, r the liquid may be thickened and served as a sauce.

The above recipe is intended for two servings. For serving six eople, three parchment units like the above should be prepared. hey may be cooked in one kettle but the size of the unit recipe ould not be enlarged.

Barbecued Oysters

dozen large oysters in the shell.
lb. bacon, sliced thin.
Bread crumbs.
Paprika.

Wash oyster shells thoroughly. Open oysters, discarding the atter shell. Separate oysters from the curved shell, but allow each to remain loosely in the shell. Cover oysters with bread crumbs nd season with paprika, cover each oyster with bacon, place oysters n their shells) in one layer under a broiler flame until the bacon is ooked through. Serve oysters in the shells.

Oyster Chowder

½ pts. small oysters.
qt. diced potatoes.
C. diced celery.
Tbsp. onion minced fine.
½ tsp. salt.
1 C. water.
½ tsp. pepper.
3 Tbsp. butter.
1 C. canned milk.
3 C. water.

Braise the onion in the butter, and 1 C. water, celery, potatoes, over and cook until nearly done. Add salt and pepper. When egetables are tender, add the milk and let come to boil. Remove om fire. Add water to oysters and heat, removing any scum. hen edges curl, combine with the milk and vegetables. Let stand few minutes for flavors to blend, and serve hot.

Shrimp

The popularity of this crustacean is growing rapidly and it is old by most seafood markets either cooked and peeled (ready to eat) as green shrimp. The latter is not cooked and the shrimp bodies e covered with a thin shell that must be removed before cooking.

Plain Boiled Shrimp

lbs. green shrimp.
oiling liquid:
1 qt. water.
2 C. celery diced.
1 Tbsp. whole black pepper.
Boiling liquid—continued.
3⅔ tsp. salt.
3 Tbsp. chopped onion.
3 slices of lemon.

Bring the water to a boil and add all the ingredients except th lemon. Allow to simmer while shrimp is being prepared and for a least 30 minutes. While this is cooking, peel the shrimp by breakin the under shell and opening from front to back. This will allow th meat to be removed in one piece. Remove the dark sand vein fro the center back of each shrimp. Wash the shrimp in clear wate Add lemon to the kettle and boil 5 minutes. Strain the liqui discarding solids. Return the liquid to the kettle and add wat to bring the total up to about 3½ quarts. Bring to a boil, add th shrimp and after boiling starts again, allow it to continue for 5 to 1 minutes or until shrimp is tender. Remove the cooked shrimp an save the liquid for soups, sauces, etc.

Shrimp Cocktail

One pound of cooked shrimp (sand vein removed) will provi 6 generous service portions. The cocktail sauce may be prepar as described under oyster cocktail, page 16.

Shrimp Salad

1 lb. cooked shrimp (sand vein removed).
1 head lettuce.
2 C. finely minced celery.
Juice of 1 lemon.
Salt, paprika, and mayonnaise.

Dice the shrimp and mix with celery, mayonnaise, lemon juic and seasoning. Clean the lettuce and arrange into 6 nests about inches across. Use a small cup as a mold, fill with the shrimp m ture and press firm; invert the molded contents into each lettu nest. Add a teaspoonful of mayonnaise and paprika or crossed stri of pimento.

Shrimp Wiggle

1 lb. cooked shrimp (sand vein removed).
2 Tbsp. butter or cooking oil.
1 can tomato soup.
2 medium sized onions, sliced.
Cornstarch or flour.
Baking soda.
Soda crackers.

Dice the shrimp. Heat butter (or oil) in frying pan and fry onio until golden brown. Add tomato soup and an equal quantity water; heat and thicken with cornstarch (or flour). When the mi ture is at simmering heat, add the shrimp. Just before serving, s in a good pinch of baking soda, and serve on toasted crackers.

French-Fried Shrimp

1½ lbs. green shrimp.
2 beaten eggs.
Juice of 2 lemons.
Salt and pepper.
Sifted cracker crumbs.
Cooking oil or fat.

Peel shrimp, wash, and remove sand vein. Place them in a bo with lemon juice, salt and pepper, and allow to stand for 15 minut Heat cooking oil to 380°–400° F. (see p. 7). Dip shrimp into t beaten egg and then roll in crumbs. Place a single layer into a w oiled frying basket and cook for 3 minutes.

Shrimp Creole

1 lb. green shrimp.
2 Tbsp. melted butter.
1 C. chopped onions.
1 C. chopped green pepper.
½ chopped clove garlic.
⅛ tsp. paprika.
1 pt. stewed tomato.
Salt and pepper.

Peel shrimp, wash, and remove sand vein. Mix and stir in the tter, onion, green pepper, and garlic; let this simmer until pepper tender, then add tomato and seasoning and boil 5 minutes. Add rimp to this and boil 10 minutes longer.

Crabs

Although there are several species of crabs taken from different ters, it is seldom that more than a single species is found in the rkets of one city. Possibly the most commonly found variety is blue crab; recipes given in this booklet are based upon this species. The hard crab may be cooked at the shore and sent to market on , or live crabs may be shipped in barrels. A crab should be alive en originally cooked. If the homemaker is to cook these, they st be handled with great care unless the smaller sides of the claws unjointed. Otherwise, painful injury may result.

Hard-Shelled Crabs

Scrub the crabs and steam for 25 minutes, or drop crabs into boiling ter. Boil rapidly for the first 5 minutes and simmer for 10 minutes. move and cool enough to handle. A delicious seasoning may be ured by boiling in a solution of the following proportions:

C. vinegar.
bsp. salt.
1 Tbsp. red pepper.
2 qts. water.

Edible portion: Very sweet meat is found in the claws, legs, and dy of the crab. Pull off the claws and legs, and crack the shells. eak off the segment that folds under the body from the rear. old the crab in the left hand, back toward you. Slip the fingers of e right hand under the top shell and pull the body downward with- t breaking. This will release the top shell, which is used for king deviled crabs. Under the faucet, remove the digestive tract. ow split along the central crease. In the left hand hold half of the dy and with a sharp knife cut the hard membranous covering along e outside edge. With a nutpick remove the tender, sweet muscles each cavity. Be careful not to break off pieces of the shell into crab meat. Pick out the meat carefully to avoid washing the eat after removal because of loss of flavor as well as food value.

Soft-Shelled Crabs

The commercial soft-shell crab is usually the blue crab taken mediately after molting and before the shell hardens.

Use only live crabs.

To dress: With a sharp knife cut off the segments that fold under e rear of the body. Turn the crab about and cut off the face from o ¾ of an inch back of the eyes. Lift each point at the sides and move *ALL* of the gills. Wash the crab.

To cook: Put fat to heat in an iron kettle. Salt by dipping the b into a solution made of 2 Tbsp. of salt dissolved in 1 C of water. t stand from 1 to 2 minutes, remove and let drip. Place in a wire sket one layer deep. Cook at 365° F., until a golden brown. rn while cooking. Remove, drain fat, and serve with tartar sauce. e entire crab is edible.

Crab Meat

The meat picked from hard crabs, which have been steamed at th shore and shipped on ice, is available in many markets. This wi be found convenient for preparing many recipes. Cans of selecte large flakes, preferable for a crab cocktail, are generally available i the markets.

Crab Meat Salad

1 lb. crab meat.
1 head lettuce.
Juice of 1 lemon.
Salt and pepper.
Mayonnaise.

Clean the lettuce and arrange into 6 nests about 4 inches across Mix crab meat, lemon juice, seasoning as desired and enough mayon naise to hold the crab meat together when pressed into a small cup Invert the contents of the cup into a lettuce nest and repeat. Put spoonful of mayonnaise over each.

Not over 1 cup (total) of chopped celery, apple, hard-boiled egg olives, etc., may be mixed with the crab meat if desired.

Crab Cakes

1 lb. crab meat.
2 eggs.
4 Tbsp. melted butter.
½ tsp. salt.
⅛ tsp. black pepper.
Pinch of cayenne pepper.
Cooking fat or oil.
Fine bread crumbs.

Mix crab meat, butter, seasoning, and enough of the egg to mol into small flat cakes. Beat a little water into the remaining egg an wet the cakes with this mixture, then roll them in the crumbs. Saut until rich brown in a heavy frying pan or deep fry at about 380°–40 F. (see p. 7), in a well oiled frying basket.

Clams

There are many varieties of clams in different sections of th country, and these may be prepared in as many different ways. I these recipes only the hard clam (or quahaug) is considered as thi has more general distribution than other species. Examine clams t see that they have shells tightly held together, proving that they ar alive. If time allows, place them in water in a shallow pan about 2 hours before opening and sprinkle a handful of cornmeal over them They will absorb this and work out sand which may be held in the shell. Scrub the clams and rinse thoroughly. To open a live clam hold it in the palm of one hand with the shell hinge outward. Insert a slender, strong, sharp knife between the shells and cut around the clam through the muscle, twisting the knife slightly to pry open the shell. Separate the clam meats from the liquor contained in the shell. Wash the meats if necessary to free from sand.

When clams are to be opened in the home, an optional method is to place them for 10 minutes, or a little longer, in water heated to 102° to 106° F. (a little higher than the temperature of the human body). Holding a clam in the left hand with the hinge outward, insert the knife about ¼ inch to the side of the hinge and just deep enough to separate the shells without cutting into the meat. Then twist the knife to force the shells apart, being careful not to break off pieces of shell. The meat, intact, may then be separated from each shell.

Clam Cocktail

clams (cherrystone).
6 Tbsp. cocktail sauce as described on p. 16.

The "Cherrystone" clam is simply the small hard clam of the size nerally used for cocktails. Six clams on the half shell may be anged on each plate, resting on crushed ice and surrounding the cktail sauce in a small glass.

Clam Fritters

doz. clams.
C. clam liquor.
eaten eggs.
C. milk.
Tbsp. melted butter.
1 tsp. salt.
¼ tsp. pepper.
1½ C. flour.
Cooking fat.

Separate clams from their liquor. Split the clams, remove dark mach contents and rinse in cold water. Mince clams as fine as ssible. Sift flour, salt and pepper; add the clam liquor, milk, and gs until smooth. Add butter and minced clams. Saute in heavy ing pan in thin cakes or drop tablespoonful into hot (380° F.) deep and cook until golden brown.

Clam Chowder

Either Boston style or Coney Island (Manhattan) style chowder n be made as described for fish chowders (p. 11), substituting about e quart (shelled) soft clams or 25 hard clams for the fish. Hard ms should be cleaned and minced as for fritters and the clam uor added to the chowder. Soft clams should have stomach ntents and dark necks removed.

Lobsters

There are two distinct types of lobsters in the market. The one e is taken on the North Atlantic coast and has large claws. The ner comes from Florida and California and can be distinguished by absence of claws and presence of two large antennae protruding m the head. Cooking methods apply equally to both types.
In all cases, lobsters should be alive when cooking is started. Many food markets can supply chilled meat from freshly cooked lobsters.

Broiled Live Lobster

Select small (chicken) lobsters.
Place the lobster on its back on a cutting board and kill by cutting wn between the body shell and tail segment. Then split from head tail and remove fat, coral (if present), stomach, and the vein that ses through the center of the tail segment. Rinse, brush the flesh h melted butter, season with salt and pepper if desired, and spread flat on the broiler, flesh side up. Cook slowly for 10 minutes, n and cook 10 minutes longer. Remove to a hot platter and dress h melted butter to which a little lemon juice has been added.
Most recipes for lobster utilize the meat after the lobster is boiled your seafood dealer does not have the meat, live lobsters may be. led by plunging them into a kettle of boiling water to which 1 sp. of salt is added for each quart of water. They should be boiled idly for 3 to 4 minutes, then allowed to simmer for about 15 nutes. The shells are cracked open and the meat removed.

Lobster Salad

This may be prepared as for shrimp salad; if desired, the celery may be omitted or replaced by capers, olives, etc.

Lobster Stew

1 lb. lobster meat, boiled and coarsely diced.
1 pt. milk.
1½ Tbsp. butter.
1½ tsp. salt.

Heat the milk to the scalding point and add lobster meat; heat thoroughly, add butter, salt and stir well.

Lobster Newburg

2 C. lobster meat, boiled and diced.
1 C. cream.
2 egg yolks, beaten.
1 Tbsp. flour.
¼ tsp. salt.
4 Tbsp. melted butter.
1 tsp. lemon juice.
Paprika.

Heat the lobster in 3 Tbsp. melted butter, using care that the butter does not brown. In another saucepan, stir the flour well into the other Tbsp. of butter, then add the cream, heat, and stir until it is smooth; when boiling starts, remove from the fire, add the beaten egg yolks and stir until the mixture thickens. Add the diced lobster and seasoning but do not heat again or the whole may curdle. Serve with toasted crackers or thin-dry toast.

Scallops

The edible portion of this shellfish as prepared for market is the adductor muscle. The meats vary in size from the small bay scallops (¾ inch cubes) to the sea scallops (cubes of 2 inches or more). If the larger scallops are used, it is well to split them across the grain to a thickness of ⅝ in., more or less.

Fried Scallops

1 qt. scallops.
2 eggs, beaten into 4 Tbsp. cold water.
Cracker or fine bread crumbs.
Salt.
Pepper.
Cooking oil.
Tartar sauce.

If scallops are large, cut to cubes of about ¾-inch size. Immerse scallops for 3 minutes in salted water, using 1 Tbsp. salt to 1 C. cold water. Drain scallops and dust with pepper if desired. Dip scallops into beaten egg-water mixture and roll in crumbs. Scallops may be pan-fried but are best cooked in deep fat at about 380° F. (See p. 7.) A single layer of scallops is placed in a well-oiled frying basket and cooked until deep brown. Serve with tartar sauce.

Scallops with Bacon

1 qt. scallops.
½ lb. thin-sliced bacon.

Boil scallops (splitting large ones) in their own liquor or water until they begin to shrink. In a baking pan, place a layer of bacon, then a layer of scallops, and cover with a second layer of bacon. Cook in moderate oven until done.

Salted or Smoked Fish

imited space in this publication allows for the inclusion of only w of the more popular recipes utilizing salt, corned, and smoked . Many other appetizing recipes will be found in the larger kbooks.

Codfish Cakes—New England Style

. boneless salt cod.
s. potatoes (peeled).
gs beaten.
. fat salt pork (fat back).
2 Tbsp. butter.
Pepper.
Flour.

To freshen salt fish, rinse off any surface salt and place the fish cold water which is then heated to the boiling point. Drain, add d water, boil again, repeating the operation until the fish is suffiatly freshened. Heating three times will ordinarily freshen good t codfish. A dry, hard, salted fish may require extra heating. iling salt fish tends to toughen the fiber.

Chop the fish until it is fine. Boil and chop potatoes. Mix fish, atoes, butter, eggs, and pepper to taste. Slice pork ⅛ inch thick l fry dry. Mold mixture to flat cakes about 1 inch thick and 3 hes across, roll in flour and fry brown in the pork fat, turning as uired. Serve the cooked pork with the fish cakes.

Broiled Salt Mackerel

s. salt mackerel fillets.
bsp. melted butter.
mon sliced, if desired.
1 Tbsp. chopped parsley, if desired.
½ C. white sauce, if desired.

Soak the fish for 12 hours in cold water, flesh side up. Drain, wipe , and brush with butter. Place skin side down on a well oiled iler and cook for 5 to 10 minutes until brown, basting once or ice with butter. Turn fish over and repeat broiling. Remove to t platter, skin side down, and dress with butter or sauce as desired.

Fishermen's Boiled Corned Fish

s. corned fish.
bsp. butter.
Pepper.

Fish prepared as described on page 4, split and kept in salt for s than 24 hours, may be boiled for about 10 minutes, placed skin e down on a hot platter, spread with butter, peppered to taste, and ved with potatoes.

If the fish has been salted longer than 24 hours, it should be freshed proportionately in cold water before boiling.

Kippered Herring

This fish and the similar bloater, sold almost universally, is parlly cooked when sold so that home cooking is little more than heat- thoroughly. There is some waste to this fish which must be nsidered when buying.

s. kippers or bloaters.
ce of one lemon.
bsp. butter, melted.
Pepper.
Cooking oil or fat.

Split fish without breaking back skin, lay skin down in a single layer on an oiled pan, brush with butter and lemon juice, season with pepper as desired, and bake for not over 10 minutes.

An improved dish is obtained if the fish, after seasoning is applied, is closed to its original form, wrapped in oiled or wet parchment paper, and baked for not over 10 minutes.

Steamed Finnan Haddie

2 lbs. finnan haddie fillets.
4 Tbsp. butter.

Place a single layer of fish in a steamer over boiling water and cook until tender, which should take 12 minutes, more or less. Remove fish to hot platter and dress with butter.

Left-over steamed finnan haddie is excellent when flaked and warmed up in a plain cream sauce.

Sauces

Only those sauces in most general use are described in this booklet. The reader is referred to the larger publications for additional recipes.

White Sauce

This sauce may be used for creaming fish flakes, oysters, etc., and for boiled and steamed fish.

2 Tbsp. butter.
1 C. milk, heated.
2 Tbsp. white flour.
¼ tsp. salt.
⅛ tsp. pepper.

Heat butter in saucepan until it begins to bubble. Then gradually stir in flour mixed with seasonings, stirring the mixture with a spoon until the whole is blended. Then gradually add the heated milk with continued stirring until the whole is smooth. Serve hot.

This plain sauce may be used as a medium to which may be added chopped hard boiled eggs, mushrooms, oysters, capers, pimento, minced parsley, onion, etc., as desired.

Lemon Butter

This sauce is used especially on broiled, planked, and baked fish.

4 Tbsp. butter, melted.
1 tsp. lemon juice.
⅛ tsp. pepper.

Blend all together. Serve hot.

Tartar Sauce

This is the most popular sauce for serving with deep fried fish, oysters, scallops, etc.

1 C. mayonnaise.
1 Tbsp. minced pickles.
1 Tbsp. minced parsley.
1 Tbsp. minced capers.
1 Tbsp. minced onion.

Mix ingredients thoroughly and serve cold.

Creole Sauce

This sauce, which is especially popular in the Southern States, is used principally for baked fish.

¾ C. minced onion.
1 C. minced sweet pepper.
2 C. stewed or canned tomato.
4 Tbsp. melted butter.
1 garlic clove minced.
1 tsp. salt.
¾ tsp. pepper.
⅛ tsp. paprika.

Place the butter, onion, pepper, and garlic in a saucepan and simmer about 10 minutes or until tender. Then add tomato, and seasoning; boil for 5 minutes. Serve hot.

The clear meat of various kinds of seafood, cut if necessary into slices not over ⅝ in. thick, may be boiled in this sauce for about 10 minutes and served as a whole.

Maitre d'Hotel Butter

This is a cold dressing often served with broiled or fried fish.

½ C. butter (solid).
1½ tsp. lemon juice.
1 tsp. minced parsley.
⅛ tsp. pepper.
⅛ tsp. salt.

Cream the butter, gradually working in the lemon juice, salt, and pepper. When well blended, work in the parsley, and with butter paddles roll into balls about ¾ in. in diameter. Chill and place one butter ball at the side of each serving of fish.

Literature Cited

The following cookbooks are offered as a source for additional recipes for cooking fish and shellfish:

Bonné, Josephine. 1928. The Continental Cook Book. Minton, Balch & Co., New York, N. Y. 425 pp.

Cooley, Edward H. 1934. Choice Recipes for North Atlantic Sea Foods. The Federated Fishing Boats of New England and New York, Inc., Administration Bldg., Fish Pier, Boston, Mass. 30 pp., illus.

Crawford, W. I. 1920. Eat More Fish. W. I. Crawford, Box 283, Seattle, Wash. 64 pp., illus.

Davidis-Holle, Henriette. 1929. Praktisches Kochbuch. 58th Ed., revised by Luise Holle, Verlag von Velhagen and Klafing. Bielefeld and Leipzig, Germany. 692 pp., illus. [This is one of the best of the continental cookbooks and is used as a reference by compilers of cookbooks in other countries.]

Delineator, Home Institute. 1928. Delineator Cook Book. Revised under the direction of Mildred Maddocks Bentley from the New Butterick Cook Book, edited by Flora Rose and Martha von Reusseler. The Butterick Publishing Co., Butterick Building, New York City, N. Y. 788 pp., illus.

Farmer, Fannie Merritt. 1915. A New Book of Cookery. Little, Brown & Co., Boston, Mass. 440 pp., illus.

Farmer, Fannie Merritt. 1934. The Boston Cooking-School Cook Book. Little, Brown & Co., Boston, Mass. 830 pp., illus.

Good Housekeeping Institute. 1924. Fish and Shellfish Cookery. Bulletin No. 18, Mildred Maddocks Bentley, Chairman, Advisory Board Good Housekeeping, 119 W. 40th St., New York City, N. Y. 19 pp., illus.

Green, Olive. 1907. How to Cook Shellfish. G. P. Putnam's Sons, New York City, N. Y. 335 pp.

Green, Olive. 1908. How to Cook Fish. G. P. Putnam's Sons, New York City, N. Y. 522 pp.

HESELTINE, MARJORIE, and ULA M. DOW. 1933. Good Cooking Made Easy and Convenient. Houghton, Miffin Co., 2 Park Avenue, Boston, Mass. 507 pp.
HEYWOOD, MARGARET WEIMER. 1929. The International Cook Book. Merchandisers, Inc., Boston, Mass. 383 pp., illus.
HIBBEN, SHEILA. 1932. The National Cook Book. Harper & Bro., New York City, N. Y. 452 pp.
HILL, JANET MCKENZIE. 1917. The Book of Entreés. Little, Brown and Co., Boston, Mass. 342 pp., illus.
KANDER, MRS. SIMON. 1934. The Settlement Cook Book. The Settlement Cook Book Co., Milwaukee, Wis. 616 pp.
KIENTZ, LEON. 1906. The Fish and Oyster Book. The Hotel Monthly. Chicago, Ill. 157 pp.
LORD, ISABEL ELY. 1924. Everybody's Cook Book. Henry Holt & Co., New York City, N. Y. 915 pp., illus.
MOFFAT, ALEXANDER W. 1923. The Galley Guide. The Motor Boat Publishing Co., New York City, N. Y. 145 pp.
SCOTT, NATALIE. 1929. Mirations and Miracles of Mandy. Robert H. True Co., Ltd., New Orleans, La. 61 pp.
SPENCER, MRS. EVALENE, and JOHN N. COBB. 1921. Fish Cookery. Little, Brown & Co., Boston, Mass. 364 pp.
SPENCER, MRS. EVALENE. 1932. Fish and How to Cook It. F. A. Acland, Ottawa, Ontario, Canada. 52 pp.
STATE FISH EXCHANGE. 1933. California Seafoods. California State Printing Office, Sacramento, Calif. 96 pp.
STIEFF, FREDERICK PHILIP. 1932. Eat, Drink, and Be Merry in Maryland. G. P. Putnam's Sons, New York, N. Y. 325 pp., illus.
TIMES-PICAYUNE, THE. 1916. The Picayune Creole Cook Book. The Times-Picayune, New Orleans, La. 302 pp.
UNITED STATES FISHERIES ASSOCIATION. 1927. Fish and Sea Food Recipes. United States Fisheries Assoc., 196 Water St., New York City, N. Y. 96 pp.
VAIL, MRS. ADA B. 1924. Hand Book of Simple Sea Food Recipes. Middle Atlantic Fisheries Association, Arch 11, Brooklyn Bridge, New York, N. Y., 12 pp.

○